



National Park Service  
U.S. Department of the Interior

Cuyahoga Valley  
National Park

**Mailing Address:**  
15610 Vaughn Road  
Brecksville OH 44141  
**Visitor Center:**  
1550 Boston Mills Road  
Peninsula, OH 44264  
[www.nps.gov/cuva](http://www.nps.gov/cuva)

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## Cuyahoga Valley National Park News Release

For Immediate Release – Monday, November 4, 2013

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### Calling New Hikers!

**Brecksville, Ohio** - The American Heart Association recommends 30 minutes of hiking, brisk walking, or other aerobic exercise for healthy living. Start your outdoor exercise by joining a park ranger on a low-intensity *Just Getting Started Hike* at Cuyahoga Valley National Park (CVNP).

#### **Scheduled Hikes:**

*Saturday, November 9*

1.5 mile hike on a flat, unpaved trail through old farm fields and by Sylvan Pond. Oak Hill Trailhead, 10 - 11 a.m.

*Saturday, November 23*

2-mile hike on the flat Towpath Trail. Wheelchair and stroller accessible. Station Road Bridge Trailhead, 10 - 11 a.m.

Oak Hill Trailhead is located at 3901 Oak Hill Road, 1.3 miles south of Major Road, Peninsula 44264.

Station Road Bridge Trailhead is located at the intersection of Riverview Road and Chippewa Creek Drive, 1/8 mile south of SR82, Brecksville 44141.

CVNP encompasses 33,000 acres along the Cuyahoga River between Cleveland and Akron, Ohio. Managed by the National Park Service, CVNP combines cultural, historical, recreational, and natural activities in one setting. For more information visit [www.nps.gov/cuva](http://www.nps.gov/cuva) or call 330-657-2752.

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